



BETHESDA METRO AREA VILLAGE
Your home Your neighborhood Your future

BMAV is growing!

Both our membership and our boundaries are growing. We're proud to say that we just welcomed our 99th member. Join Bethesda Metro Area Village and be our 100th!

In addition, BMAV now includes several new neighborhoods: Kenwood Park and Landon Village/Pineview (just west of Bradley Boulevard), the neighborhoods of Pyle/Maiden Lane to the north, and Bradley Boulevard to the east.

The board of directors' approval of the expansion was based on unanimous feedback from members who responded to the board's request for input on expanding our coverage. Here are BMAV's new boundaries:

- Old Georgetown Road and Wisconsin Avenue to the east
- Glenbrook Road/Little Falls Parkway, Hillendale Road, Chevy Chase Drive and Goldsboro Road to the south
- River Road to the west
- Wilson Lane and Huntington Parkway to the north

See the map of our new boundaries on the [BMAV homepage](#).

If you have friends or colleagues age 50 or over who live in any of the communities within our boundaries, invite them to join BMAV as a social or full member. If you're a senior who lives in a neighborhood not served by a village, you're welcome to join BMAV as a social member. You could become our 100th member!

If you'd like to attend a BMAV event as a guest to check us out or want to receive membership materials, contact us at info@bmavillage.org. You'll also find details on membership on our [website](#).

Tea and talk

In July, board members and Executive Director Elizabeth Haile hosted a series of teas with village members interested in sharing their thoughts and ideas about our village programs, services and communications.

We learned two important things from members' feedback. Our rich variety of activities is well loved and that many of you are so active you don't have time to participate in as many as you would like. Small meetups are especially popular. If you'd be willing to host one, please let us know.

The second important thing we learned is that members highly value meeting new people, getting to know their neighbors and making new friends they wouldn't have but for belonging to BMAV. They enjoy running into people they now know while shopping at local stores or out walking.

If you were unable to attend one of the teas and would like to participate in a future session, or you'd have something to say on any aspect of our village, please send an email to Executive Director [Elizabeth Haile](#).

Interview with members Susan and Barry Gorman

Susan and Barry Gorman are relatively new members of BMAV, although they've lived in and near Bethesda for quite a while. Each of their three moves brought them progressively closer to downtown Bethesda, where they and Monty, their 14-year-old pup, are happy as clams. The three of them are city folk who revel in being steps away from a French bakery, a butcher shop, restaurants and more, and in meeting other dogs and humans along the way. Monty much prefers daily walks in the relative hustle-bustle of Bethesda to their quiet, leafy neighborhood.



Susan is a native Washingtonian. Barry was born in Brooklyn, spent the first few years of his life in Flushing, and then moved with his family to Stamford, CT. He and Susan met at GWU when she was an undergraduate working in the hospital gift shop and he was a medical student who came in to buy some M&Ms. They hit it off immediately and married a year later, almost 50 years ago.

Susan finished her degree at GW and went on to get an MA at Catholic University of America. She became a psychoanalyst and, later, a psychotherapist. She taught at several institutes, including one at CUA, had a practice and started a low-fee referral service in Washington, using trainees to help patients. The referral service is still in operation.

Barry is a psychiatrist. He began his medical career in solo practice, but after 10 years wanted to be part of a larger practice. He became a partner in the Metropolitan Psychiatric Group and started McLean Family Counseling Center, a multidisciplinary group with 14 clinicians. Twenty-five years later he returned to private practice. For 10 years during this time, he worked voluntarily four hours a week for the Arlington County Medical Society's Open Line, answering questions from callers related to mental health.

Barry and Susan are in the same practice together, sometimes collaborating on patients. They each have the same mentor, a senior psychoanalyst in his 90s who helps them continue to learn and grow. He's head of the institute at CUA that Susan graduated from.

They have scaled back their work lives to have more free time to do things together and separately. They love going to plays and the movies, travelling to the Caribbean and Florida in winter and visiting new places in the U.S. and Canada. They also like walking along the water in Georgetown, usually stopping for a tasty treat. They're currently into scones and highly recommend Dog Tag Bakery on Grace Street, not only because the scones are delicious, but also because the employees are veterans, military spouses and caregivers.

Their days are full. In addition to working half-time, Susan walks 1½ hours and swims daily, does stretching and yoga and reads. Susan has been in two book clubs for several years. Barry works three days a week, has been in a book club for over 20 years, and plays tennis and golf frequently. They both meditate every day and focus on finding balance in their lives among love, work, people and play.

Susan and Barry have two adult children. Their son is a developer in DC with two young daughters. Their daughter, also with two young children, lives in Manhattan. She's following in her parents' footsteps: she's a clinical psychologist. Her parents go to New York at least once a month to visit.

Barry and Susan first heard about age-in-place villages from a friend who belonged to one in DC. They liked the concept a lot but didn't know there was one right where they live. They learned about BMAV in a chance encounter with a member early this year and joined the very next day. They particularly like the village idea of community, especially after one's kids are grown and gone. They also enjoy special BMAV's events and activities, such as the curator-led tour of the Phillips Gallery earlier this year, an experience they would not have had if they hadn't joined.

Who's who quiz

Our village membership is made up of fascinating people with unusual backgrounds, interests and experiences. We've featured several of them in past BMAV newsletter interviews. Below is a sampling of what we learned about them. Can you match each statement with the person or couple profiled from the names in the list to the right? Each name links to the issue in which the interviewee was featured.

He served on the Maryland House of Delegates' fiscal and finance committees and on the board of Bethesda Cares. She used to make recordings for the blind and dyslexic at Learning Ally.

[Ben Beach](#)

[Ann Bennet](#)

[Jane Boynton](#)

Art has always been an integral part of her life.

[Hanne Caraher](#)

She was BMAV's first Pioneer member.

[Jim & Naomi Collins](#)

She had to turn back and scramble down Mount Kilimanjaro because of a white-out blizzard.

[Tim French](#)

He was U.S. ambassador to the Soviet Union. She wrote a book on her reflections and impressions of an American woman living in Moscow.

[Jane McGuire](#)

[Doris Menache-Aronson](#)

He's lost the Irish brogue he had when he first came to the U.S. at the age of 10. His career involved intelligence work and non-stop international travel.

[Gail Shearer & Chris Palmer](#)

[Kyu Sik & Jai Eun Lee](#)

They're both economists. To round out their liberal arts education, they read widely, including works on astrophysics, Buddhism and psychology.

[Marj Stoller](#)

[Maureen & Frank Valcour](#)

She volunteers in the Office of Presidential Correspondence.

[John & Linda Whitney](#)

[Barbara Wiss](#)

He's a world-famous marathoner who's run in the Boston Marathon for 50 years.

She was very first person to push for the creation of what is now BMAV.

She grew up in Egypt, was a professor of hematology-immunology in France and married a hematologist she met at NIH.

Her career in health policy and advocacy on behalf of consumers led her to get invested in BMAV. He came to the U.S. from the U.K. and loves the freedom, entrepreneurial spirit and acceptance of individuals here.

She is 9th generation South African and he's from Boston. They met aboard a ship from Cape town to Southampton, England.

She's an artist, loves to hike and enjoys playing pickleball.

Recent events of interest

RbDigital class. If you missed July's class at the library on how to access Great Courses, movies, magazines and ebooks for free, don't fret. All you have to do is navigate RbDigital on the county library system's website ([click here](#)). Note that you'll need to create an account with

your library card number for each type of resource you want access to. Once you've done that, you'll be able to browse and check out all kinds of independent and popular movies, magazines, wellness videos, Great Courses and ebooks.

Social and full members, contact Executive Director Elizabeth Haile if you have questions on how to do set up an account. Or sign up for one of our upcoming Tech Tutors sessions and get one-on-one help. Full members, note that you can ask for tech help in your home.

Tour of New Deal posters. On July 31, a dozen BMAV members took a guided tour of New Deal-era posters at the William Jefferson Clinton Building, now the home of EPA, in the Federal Triangle. A GSA guide explained that the posters were commissioned by the then-U.S. Post Office Department as a way of telling the history of the post office. They were done in various styles by different artists. Some are now considered controversial because of their representation of women and Native Americans.



The tour was a benefit of being a BMAV member. Not only is the Clinton building normally closed to the public, some of the murals are hidden behind curtains, except during tours.

Potluck supper. On July 28, nearly 30 BMAV members gathered at the home of a member couple for a casual supper and the opportunity to mix and mingle with others.



Men's lunch out. In July, 12 hardy men, including new members Jim Davis, Hal Rogoff and Paul Thorn, braved the ninety-degree heat for the monthly men's lunch out. Chris Palmer gave an entertaining talk on doing new things, including keeping a gratitude list. Joe Finizio warned the men that he prefers to keep a grudge list.

At the August 19 lunch, 15 men shared their best investment ideas, which Bob Berish aptly named “Bullish or Berish.” Harry Geisel gave the inside scoop on the pros and cons of Japanese telecom giant SoftBank. The serious investors were content to discuss the Fibonacci Sequence. Jim Davis displayed a Ross Perot for President sticker he discovered while decluttering – perhaps the best investment of all.

Ladies lunches out. At the July 19 ladies lunch out, 15 members found companionship, comestibles and good conversation. Topics ranged from local stories, learning to live with the texting-focused younger generation and upcoming BMAV events and activities. At the August 21 lunch, 14 members and one guest enjoyed each other’s company.

Wings of Fancy butterfly exhibit. Several BMAV members had a thrill watching hundreds of butterflies soaring among colorful flowers on August 1 at the [Brookside Gardens](#) special butterfly conservatory.



Visit to the International Spy Museum. Four BMAV wannabe spymasters visited the spy museum on August 15 and admired the spy craft artifacts on display and the new exhibits.

Upcoming events

Aging, death and dying special interest group meetings

[Sunday, September 8, 4-5:30 pm.](#) Lisa Siegel, an expert at dealing with “stuff” and de-clutterer extraordinaire, will explain how you can reduce your volume of stuff to the point that you’ll feel more relaxed, less stressed.

[Sunday, October 13, 4-5:30 pm.](#) Will Pumphrey will discuss the funeral arrangement process, why pre-arranging is a good idea and funeral homes in general. He is the sixth generation of the Pumphrey family doing business in Montgomery County.

All BMAV members are invited to come to as many or few of these special interest group sessions as they like. Contact host [Chris Palmer](#) if you’d like to be added to his email invitation list.

[Tour of The Phillips Collection, Thursday, September 12, 10 am](#)

This is a special tour of “The Warmth of Other Suns: Stories of Global Displacement,” led by Chief Curator of the Phillips and Deputy Director of Academic Affairs Klaus Ottmann. The exhibit includes 75 historic and contemporary artists from around the world whose works focus on experiences and perceptions of migration and the current global refugee crisis. See the [New York Times article](#) on the exhibit.

There will be time after the tour for individual exploration. Those who express an interest can stay for lunch at the Tryst Café. [RSVP here.](#) Attendees will share transportation.

[BMAV happy hour,](#) Thursday September 12, 4:30-6:30 pm, Black’s Grill and Bar, 7750 Woodmont Avenue. Please [RSVP](#) so we can reserve enough space. Every second Thursday of

the month, meet other BMAV members and friends for happy hour at a local Bethesda restaurant.

[Men's Lunch Out](#), Monday, September 16, noon, at Cesco Osteria, 7401 Woodmont Avenue. Register [here](#) so we'll be sure to reserve enough seats

[Uber, Lyft and Mobile Now! tips](#), Tuesday, September 17, 1 pm, at Connie Morella library. Free, open to all.

Do you want to use Uber or Lyft but don't want to use your smartphone? Not quite clear on how to use the Uber and Lyft apps? Want to park at meters in Bethesda without carrying a lot of change? Come to this presentation by Steve Lorberbaum of Potomac Community Village to learn how. [Registration](#) recommended. Co-sponsored by BMAV and the library.

[BMAV arts special interest group](#), Wednesday, September 18, 9:30-10:30 am, Clove and Cedar Coffeebar, 4918 St. Elmo Avenue

BMAV members who enjoy creating art and art lovers are invited to meet and discuss what exhibits they would like to tour together. RSVP to [Sylvia Winik](#). If you're interested but can't come this time, let Sylvia know if you'd like to come in the future. Also, the group has access to donated space and a potential model if the members decide to meet to draw or paint.

[Glenstone Museum visit](#), Thursday, September 19, 1 pm

BMAV has reserved a block of eight tickets for members to tour Glenstone, where you can enjoy the large and spectacular expanded exhibition space, outdoor sculptures and the beautifully landscaped grounds. Free. [RSVP required](#). Carpooling recommended.

[Shooting in the wild: an insider's account of making movies in the animal kingdom](#)
Sunday, September 22, 3 pm, Connie Morella Library. Open to all.

Film producer and BMAV member Chris Palmer will discuss the conflict between the indirect experience of wild nature that movie audiences crave and sensationalism, extreme risk-taking and even abuse in wildlife films. He also will show clips and describe the adventures and challenges involved in making films about wild animals. [Registration](#) recommended.

[Ladies Lunch out](#), Monday, September 23, noon, Cesco Osteria, 7401 Woodmont Avenue.

Join other BMAV members for good conversation and good food. [RSVP](#) so we can reserve enough space for everyone.

[Hiking special interest group](#), Thursday, September 26, 9:30 am

The Hardy Hikers will walk on Theodore Roosevelt Island and enjoy the woodlands and many birdwatching opportunities. Hikers will meet at Ann Bennet's home to carpool. [RSVP here](#).

[Round House Theatre lecture and performance](#), Thursday, September 26, 6:30-10 pm

Ryan Rillete, artistic director at Round House Theatre, will give a special tour of the newly renovated theater, followed by a showing of the theater's opening play of the season, "School Girls; or the African Mean Girls Play." Use code [bmavillage](#) for \$58 discounted tickets online or

at the box office, or purchase via [Goldstar](#) for further discounts. RSVP and meet in the lobby at 6:30 pm.

[Tour of the new Kennedy Center campus](#), Thursday, October 3, 11 am

Forty-five-minute tour of the The REACH, the Kennedy Center's new addition, where audiences can engage with artists in a more casual setting, both in new indoor spaces and the large outdoor plaza atop the new addition. Carpool with other BMAV members and enjoy lunch afterwards at the Kennedy Center Café. [RSVP here](#).

[BMAV happy hour](#), Thursday, October 10, 4:30-6:30, location TBA.

[Ask Ken!](#), Tuesday, October 15, 1-2 pm, Connie Morella Library

Ken Hartman, director of the Bethesda-Chevy Chase Regional Services Center and County Executive Marc Elrich's representative, knows just about everything that's going on in Bethesda and beyond, especially development, transportation, as well as what's on the horizon. If you have questions about Bethesda, here's your chance! Free and open to the public. [Registration](#) recommended. Co-sponsored by BMAV and the library.

[Sackler Gallery exhibit, "My Iran: Six Women Photographers"](#), Thursday, October 17. Join the BMAV Arts Group to view this new exhibit, followed by the Whistler watercolors in the adjoining Freer Gallery and a visit to the Peacock Room. [RSVP](#) and meet at the top of the Bethesda Metro escalators at 9:45 am.

[Fun fall social](#), Friday, October 18, 4-6 pm. Join other BMAV friends and potential members at the home of a member for wine, cheese and appetizers. Space is limited, so [RSVP](#) as soon as you can.

[Docent-led tour of DAR Museum](#), Thursday, October 24, 10-11:50 am

Maryland State Society Senior Historian Patricia Maclay will give a tour of the DAR's new exhibit, "A Piece of her Mind," which tells the story of the science and politics found in quilts from the 1800s. Also available for viewing are period rooms that show the American home from 1690 to today and the roles women played in the changes. The tour covers three floors (elevator available).

Participants will meet at 9:15 am to take shared transportation. Open to BMAV members and friends. [RSVP](#).

[Ladies Lunch Out](#), Tuesday, October 29, Cesco Osteria, 7401 Woodmont Avenue. [RSVP](#).

[Board game afternoon](#), Wednesday, October 30, 1 pm

Connect with other members for a relaxing afternoon of socializing over board games. Bring your favorite game if you have one or partake in Scrabble or card games. RSVP to [Diane Goldman](#). Let us know if you're interested in attending or hosting future board game afternoons.

Save the date!

Speaker series: Local historian and author Bill Offutt on Civil War history in Bethesda, Sunday, November 3, 3-5 pm, Connie Morella Library.

Shared interest groups for BMAV members

BMAV members are invited to come to any special interest group meetup. Just let the lead know that you would like to join.

Arts interest group. Do you like to visit art exhibits around town? Do you enjoy drawing or painting from a model? The arts special interest group now has a model offering to pose for us free of charge. Contact [Sylvia Winik](#) if you're interested in any of this.

Aging, dying and death. This popular and engaging special interest group usually meets monthly, Sundays from 4 to 5:30 pm, at the home of Chris Palmer. Contact [Chris Palmer](#) for more information.

Birding. [David Moulton](#) leads early morning neighborhood bird walks about twice a month. Contact him for more information or to be added to the group's list of walkers.

Board games afternoon. We've had a fun season and are grateful to those who generously hosted these meetups in their homes. After a break this summer, we'll start up in the fall, with the hope that others of you will join us, share the fun and be willing to offer your home in turn for our meeting place. If you have interest in this group or questions, please contact [Diane Goldman](#).

Bridge. A beginner's foursome and an intermediate foursome play monthly. Contact [Sandi Ross](#) for more information.

Chess. Bob Berish is teaching beginners how to play chess in a series of sessions at his home. [Contact us](#) for more information.

Hardy Hikers. [Ann Bennet](#) leads the BMAV hiking club on monthly weekday or weekend morning hikes at locations throughout the metro area. Contact her for more information on the next hike or if you would like to plan a weekend meetup.

Knitting, Needlework and Friends. This knitting and conversation group meets the first and third Friday of every month in a relaxed and fun atmosphere in members' homes. All levels of expertise are welcome. Contact [Sandi Ross](#) for the location of the next session.

There's always potential for more shared-interest groups. If you have an idea for one, we can help you get it started. Contact [Elizabeth Haile](#) or programs chair [Elyse Jacob](#).

News you can use

Property tax credit expanded for surviving spouses of retired military

Recent county legislation [expands the property tax credit](#) for surviving spouses of retired military services members. Under [Bill 21-19](#), a surviving spouse is eligible for the credit under the following circumstances:

- the individual is a surviving spouse of a retired member of the uniformed services, the military reserves, or the national guard; and
- the surviving spouse is at least 65 years old; and
- the surviving spouse has not remarried.

The deadline to apply for the property tax credit is October 1, 2019. Eligible individuals can apply at the Department of Finance's website. To access the application, click [here](#).

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Suggestion box

Do you have an idea for an article or comments about the newsletter?
Contact newsletter editor [Lynn Barclay](#).

BMAV contact information

www.bmavillage.org
240-630-2628